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A NEW YEAR AND A NEW LEADER

LIBERAL PARTY PRESIDENT REVEALS ONTARIO'S NEW PREMIER WILL BE CHOSEN IN JANUARY PAGE 3

OTTAWA metro®
Monday, October 22, 2012
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GOING FOR A SPIN

Matt Hare, left, of Kingston's Zap Records helps out a customer at the Ottawa Record Fair. Hundreds turned out at St. Anthony's Hall on Sunday for the twice-annual event. ALEX BOUTILIER/METRO

PBO will take feds to court

Finances. Environment Canada, Foreign Affairs and Justice among departments that have refused to divulge the details of their cuts

Canada's parliamentary budget officer says he'll file court action this week over the refusal of some federal departments to hand over details on billions of dollars in planned cuts by the Harper government.

In a statement issued Sunday, Kevin Page says his office "will be filing and serving legal notice on all non-compliant" deputy ministers.

He wouldn't provide any further details, saying "this matter will constitute the subject of a legal action" and it would be inappropriate for him to comment further.

Page has said the government has not been open and clear enough about what it intends to cut, and has threatened court action for weeks.

As of the middle of last week, only 23 per cent of federal departments and agencies had handed over the requested financial information, and another 52 per cent had said they were going to comply by last Friday.

Finance Minister Jim Flaherty, appearing on CTV's Question Period Sunday, said Page was overstepping his authority and should be looking at money the government has already spent, rather than future plans.

"Quite frankly, it's outside of Mr. Page's mandate," Flaherty told the interview program.

"He's looking at money that's not been spent. That's what we do when we do deficit reduction."

NDP finance critic Peggy Nash described the pending court action as a sad day for democracy. "This is about transparency and providing independent analysis. That's what the Parliamentary Budget Officer does," she said.

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Trick-or-treaters get hands-on at costume workshop

Jacob Conboy, 6, is fitted for a cape at the Hintonburg Community Centre's first Handmade Halloween workshop. The workshop featured costume and mask making, as well as loot-bag decorating. The workshop was part of an effort to collect donations for the Snowsuit Fund.
ALEX BOUTILIER/METRO

Online

For more local news visit metronews.ca

Update. Campbell recovery not without its hiccups

Double-lung-transplant recipient Hélène Campbell says her recovery is going "fairly well" except for a problem with blood circulation.

The 21-year-old Ottawa native says on her blog that though her lungs are producing the right amount of oxygen, her red blood cells aren't properly circulating the oxygen around her body.

Campbell wrote in a post last week that doctors suspect the problem lies with her kidneys.

She tweeted that her kidneys need some "pep talks" and called on the Twitterverse to cheer her organs up.

Hélène Campbell METRO

THE CANADIAN PRESS

Cyclist. Carleton to honour student killed after crash

Carleton University is holding a memorial for a student who died after a road collision Thursday evening while cycling.

Krista Johnson, 27, was biking down Bronson Avenue near Holmwood Avenue when a car struck her. She was taken to Ottawa's Civic Hospital where she later succumbed to her injuries.

The university will fly its flags at half-staff Monday morning and hold a memorial for Johnson from 8:30 to 10:30 a.m.

According to police, Johnson was travelling northbound on Bronson in a southbound lane. A car travelling southbound near Holmwood collided with her bike.

Krista Johnson FACEBOOK.COM

ALEX BOUTILIER/METRO

Grits to pick new leader in January, says MPP

Queen's Park.
Politicians may be back to work after February holiday: Naqvi

Ontario will have a new premier by the last week of January.

Liberal party president Yasir Naqvi revealed Sunday the convention to select the next Liberal leader will be held on the Jan. 25 weekend.

Candidates will have to declare their intentions to run as of Nov. 23rd — the same cutoff date for Ontarians to apply for membership status with the party.

A $50,000 entrance fee has been set for the race. Candidates will also have to respect a $500,000 campaign-spending limit, with a quarter of all funds raised going to pay for the cost of the convention.

"We wanted to make sure that we do hold the convention at the earliest possible opportunity, as the premier asked us to," Naqvi said Sunday.

"But also to ensure it's a robust process, and we feel that the timelines that we have arrived at will result in all of these things."

Yasir Naqvi, pictured speaking at a funding announcement for Invest Ottawa on Friday, told Metro on Sunday that he won't seek the Ontario Liberal leadership and the party will pick a new leader in the last weekend of January. GRAHAM LANKTREE/METRO

The convention was required after Premier Dalton McGuinty's sudden decision to step back as leader on Oct. 15.

Naqvi not in the running

- Ottawa Centre MPP Yasir Naqvi was the first rumoured leadership candidate to rule out a bid, saying Sunday he wants to focus on being a new father.

McGuinty remains Ontario's premier until a new leader is selected.

He has been intensely criticized over the past week for proroguing the legislature on the same day he announced he would be stepping down.

The move closed business at Queen's Park, letting legislation and committee business die on the vine. It also delayed the committee investigating Energy Minister Chris Bentley's role in withholding thousands of documents related to cancelled power plants.

Perhaps most importantly for the Liberals, it means the opposition cannot force an election until the government has a permanent leader installed.

ALEX BOUTILIER/METRO

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WHY WEIGHT?

Ottawa cops still on budget despite higher costs

Breaking even. The OPS is projecting an equal split between over-budget costs and savings, but contract negotiations could change that

ALEX BOUTILIER
alex.boutilier@metronews.ca

Third-quarter financials to be tabled at the police services board Monday afternoon show an increase of $730,000 in budgetary pressures and exactly $730,000 in measures to address those pressures.

"Staff continues to project a break-even position for the service after analyzing the identified pressures and solutions that have emerged in the first nine months of the year," the report reads.

Among the areas where spending is anticipated to run over budget: fuel costs at $180,000, an extra $370,000 in overtime costs, $100,000 more for Workplace Safety and Insurance Board costs, and $80,000 more in academic costs related to officers pursuing higher education to support succession planning.

Projected savings include a $400,000 increase in "paid duty and other revenue," a $100,000 difference between budgeted and actual false-alarm calls, and a $100,000 surplus in compensation due to leave liability.

But the Ottawa Police Association and the Senior Officers' Association contract negotiations are still ongoing, leaving a big question mark on the OPS ledger.

"One item that is still unknown is the outcome of the collective agreement negotiations (with OPA and SOA)," the report reads. "The arbitrator's decision on the 2011 salary award could have a negative impact on our financial position."

OPS is also asking the board to approve a transfer of $464,000 from 2011 capital projects to an account set aside for facility security initiatives. Another transfer of $370,000 from e-ticketing and collision reporting is being requested. Staff want that money transferred to a "business transformation" account.

Savings

$400K

The Ottawa Police Service has projected $400,000 in savings from an increase in "paid duty and other revenue."

Stepping up for cancer programs

Participants in the Nordic Walk for Cancer Survivorship stroll down Alta Vista Drive Sunday helping to raise $106,000 for cancer-training programs at the Ottawa Regional Cancer Society's Maplesoft Survivorship Centre. The second annual event, which featured a three-km, seven-km and 10-km walk drew 140 walkers. SEAN MCKIBBON/METRO

Mothers fight for right to informed consent

Nancy Salgueiro with her son Oziah. Salgueiro is working to ensure that new mothers are more informed about child-birth procedures. CONTRIBUTED

Dr. Nancy Salgueiro, an Ottawa chiropractor and childbirth coach, wants a public inquiry into what she says are violations of women's right to informed consent during childbirth. To help fuel her call she's launched a website to collect the stories of women who say their rights weren't respected in delivery rooms.

"If anybody does anything to someone's body without their permission, they've violated their right to informed consent, and that happens all the time," said Salguiero.

Salguiero said she believes 95 per cent of pregnant women undergo unnecessary interventions, such as caesarean sections or epidurals, because they are uninformed of the risks.

"Generally, pregnant women are healthy, normal people going through a normal biological process, like going to the bathroom or digesting food," she said. "They don't need to be told how to do it."

Kathryn Clarke, senior communications co-ordinator at the College of Physicians and Surgeons of Ontario, says physicians are obliged to provide enough information to patients so they can make decisions.

"I don't believe that violates anybody's rights," she said. "You're asking for their professional opinion and they're giving it to you."

Informing the public

Salgueiro is soliciting stories from women about their birthing experiences at yourbirthcoach.com.

Robin Guy said her physician lacked the skills required to help her give birth to her baby the way she wanted.

"I should have been able to have a vaginal birth in the hospital with either a skilled midwife or a doctor that I trusted," said Guy. Instead, she said she was forced to have a C-section because no one at the hospital was trained to help her naturally birth a baby in the breech position. "I was going to catch her myself, and they stole it from me," she said. "It felt like I had something very precious taken away."

Guy is also organizing the third international Breech Conference, which will take place in Washington in November. "I have lots of friends who would choose caesarean (sections), and I don't have a problem with that.... What I have a problem with is forcing anyone into an intervention they don't want."

ROSANNA HAROUTOUNIAN/FOR METRO

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Fatal spa shooting may be related to domestic dispute

Suspect had a restraining order against him. Police chief says 45-year-old suspect in deadly rampage died of self-inflicted wound

A man police suspected of killing three people and wounding four others by opening fire at a day spa was found dead Sunday afternoon following a six-hour manhunt that locked down a shopping centre, country club and hospital in suburban Milwaukee.

Authorities said they believe the shooting was related to a domestic dispute. The man they identified as the suspect, Radcliffe Franklin Haughton, 45, of Brown Deer, Wisconsin, had a restraining order against him.

Radcliffe Franklin Haughton, 45, of Brown Deer, Wis. COURTESY OF BROOKFIELD POLICE DEPT./THE ASSOCIATED PRESS

Brookfield Police Chief Dan Tushaus said Haughton died of a self-inflicted gunshot wound and was found in the spa. Authorities initially believed Haughton had fled and spent much of Sunday looking for him.

The shooting happened about 11 a.m. at the Azana Day Spa, a two-storey, 9,000-square-foot building across from a major shopping mall in Brookfield, a middle- to upper-class community west of Milwaukee. Hours later, a bomb squad descended on the building, and Tushaus said an improvised explosive device had been found inside. It was not clear whether it remained a threat.

Haughton's father, Radcliffe Haughton, Sr., spoke to a television station and The Associated Press shortly before police announced his son's death. In telephone interviews from Florida, he said he had last spoken to his son a few days ago, but didn't have any indication anything was wrong. He begged his son to turn himself in. After learning of his son's death, he said, "This is very sad."

THE ASSOCIATED PRESS

North America's first aboriginal saint

Nuns hold images of Canada's Kateri Tekakwitha, the first Native American to achieve sainthood, as they wait for the start of a canonization ceremony celebrated by Pope Benedict XVI, in St. Peter's Square, at the Vatican on Sunday. The pontiff canonized seven people: Tekakwitha, Maria del Carmen, Pedro Calungsod, Jacques Berthieu, Giovanni Battista Piamarta, Mother Marianne Cope and Anna Shaeffer.

ANDREW MEDICHINI/THE ASSOCIATED PRESS

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Halloween no longer a PR nightmare for cats

Bans on the adoption of black cats at Halloween were commonplace until a few years ago. SETH CASTEEL/THE CANADIAN PRESS FILE

Black, orange and calico felines. Until recently there were concerns they could be abused if adopted over Halloween

Bans on the adoption of black cats at Halloween were commonplace until a few years ago as many worried the animals would be harmed by pranksters or animal abusers.

But animal-welfare activists say the dark-coated felines are proving they aren't as much of a target this time of year as previously thought. Now, at least two major animal-welfare groups are deliberately promoting the adoption of black cats in October, saying the furry felines could use the marketing boost.

"Realistically, we've consulted with our investigations department and they don't see an increase of cat-cruelty cases," said Allison Cross, senior communications manager at the Ontario SPCA.

The group is offering a $5 discount on black, orange and calico cats in the days leading up to Halloween, and dismisses concerns about the animals being at risk.

THE CANADIAN PRESS

Urban myth

"All this urban myth was doing was preventing us from getting black cats into homes.... It wasn't actually doing anything to deter people who are trying to get cats for bad purposes."

Melanie Coulter, executive director of Windsor/Essex County Humane Society

It wasn't alcohol: Cops

Relative shoots girl, 9, thought she was a skunk

Police say a costumed nine-year-old girl was accidentally shot outside a western Pennsylvania home during a Halloween party by a relative who thought she was a skunk.

New Sewickley Township police say the girl was over a hillside and wearing a black costume and a black hat with a white tassel. Chief Ronald Leindecker says a male relative mistook her for a skunk and fired a shotgun, hitting her in the shoulder Saturday night.

Leindecker tells the Beaver County Times that the girl was alert and talking when she was flown to a hospital in Pittsburgh, about 50 km away.

THE ASSOCIATED PRESS

Lawsuit in Chicago

Son pronounced dead but it wasn't true

The parents of an eight-year-old boy who has had severe brain damage for years have sued a Chicago hospital, alleging that doctors pronounced their son dead, keeping him off his ventilator for hours, even though relatives continued to insist that the boy's eyes and body were still moving.

The lawsuit filed this week by Sheena Lane and Pink Dorsey on behalf of their son, Jaylen Dorsey, accuses Mercy Hospital and Medical Center of negligence in the February incident and alleges that five hours passed before staff performed a cardiac ultrasound, which showed his heart was beating. THE ASSOCIATED PRESS

Underwater pumpkin carving

Cat Rambo carves her interpretation of Republican presidential candidate Mitt Romney at the Underwater Pumpkin Carving Contest Sunday, in the Florida Keys National Marine Sanctuary off Key Largo. Organized by the Amoray Dive Resort, the event attracted 42 divers who participated or watched. BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

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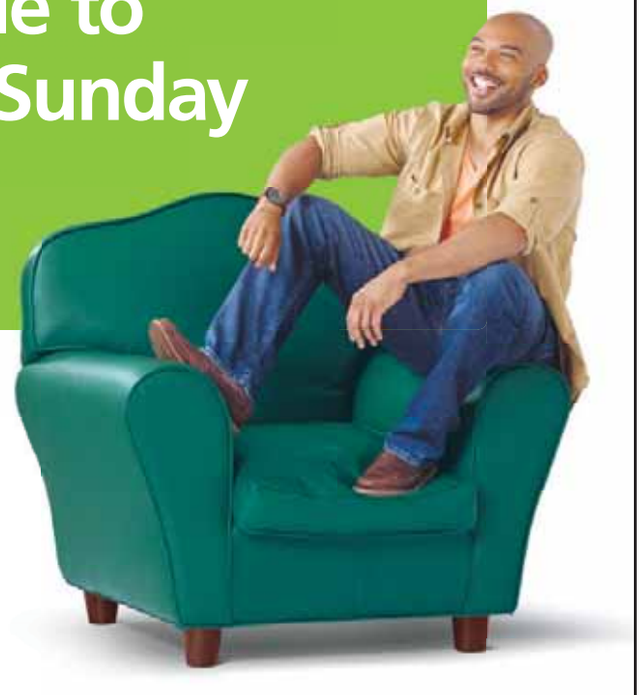

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Cuba. Rumours of Fidel Castro's death greatly exaggerated

Former Venezuelan Vice-President Elias Jaua said Sunday that he met with aging revolutionary icon Fidel Castro for five hours and showed The Associated Press photos of the encounter, quashing persistent rumours that the former Cuban leader has died, was on his deathbed or had suffered a massive stroke.

Jaua also confirmed that the 86-year-old retired Cuban president accompanied him to the Hotel Nacional after their meeting Saturday, in which they talked about politics, history, culture and tourism.

Jaua showed a photograph of himself in a minibus along with the former Cuban leader, Castro's wife, a hotel executive and several other people. The photo shows Jaua and Castro smiling broadly, and the former Cuban leader is wearing a checked shirt and cowboy hat.

The public appearance was Castro's first in months. He has also ceased writing his once-constant opinion pieces, the last of which appeared in June. THE ASSOCIATED PRESS

Opening doors

Cuba risks exodus with market reform

Cuba seems to be betting that its decision to allow most of its citizens to travel abroad freely will be as good for its economy as it is for its public relations.

The announcement comes as the communist island nation carries out a cautious free-market experiment to reform Cuba's economy. Among the measure are a plan to fire one million state workers and allowing more entrepreneurship.

Cuba's leaders seem confident that lifting exit-visa requirements will not produce an embarrassing exodus. Instead, experts say, a controlled migration might provide an outlet for unemployed workers, and Cubans might return with experience in market economies. THE ASSOCIATED PRESS

Protests in Lebanon turn violent over assassination

Civil unrest. Protesters blame Syria for death of intelligence official

Lebanese protesters are enveloped in tear gas on Sunday as they pull a barbed-wire barrier during clashes after the funeral of Brig. Gen. Wissam al-Hassan, who was assassinated Oct. 19 by a car bomb in Beirut, Lebanon. HUSSEIN MALLA/THE ASSOCIATED PRESS

Lebanese security forces unleashed a barrage of gunfire and tear gas in central Beirut on Sunday to disperse hundreds of protesters trying to storm the government headquarters after the funeral of a top Lebanese intelligence official, who was killed by a car bomb.

The protesters blamed the assassination on the government of neighbouring Syria and consider Lebanon's current government to be too close to that embattled regime.

Many also chanted against Hezbollah, the Lebanese militant group that dominates the government and serves as the Damascus regime's closest Lebanese ally.

As the battle raged, with protesters and security personnel pelting each other with hunks of concrete, metal bars and tear gas canisters, former Prime Minister Fuad Saniora appealed for calm.

"The use of violence is unacceptable and does not represent the image that we want," Saniora said in a televised address.

Even before Friday's bombing, the civil war in Syria had set off violence in Lebanon and deepened tensions between supporters and opponents of President Bashar Assad's regime. The assassination has laid bare how vulnerable Lebanon is to renewed strife, threatening to shatter a fragile political balance struck after decades of civil unrest — much of it linked to Syria.

Sunday's clashes erupted after the funeral for Brig. Gen. Wissam al-Hassan, who was killed along with his bodyguard by a Beirut car bomb on Friday. Al-Hassan, 47, was a powerful opponent of Syria in Lebanon.

Security officials have said six others were killed in the bombing, and scores were wounded. But Lebanon's National News Agency said on Sunday that the final death toll was three: al-Hassan, his guard and a civilian woman. THE ASSOCIATED PRESS

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Syrian army sniper guns down civilian

A civilian is shot in his stomach on Saturday as he tries to escape the line of fire after he was targeted by a Syrian army sniper while walking near the frontline in Aleppo, Syria. Aleppo, where Syrian rebels are fighting government forces, is the country's largest city and its former business capital NARCISO CONTRERAS/THE ASSOCIATED PRESS

East Jerusalem

PM vows to keep building on occupied land

Israel's prime minister pledged to continue building in east Jerusalem on Sunday, despite objections from Palestinians who claim the territory as capital of their hoped-for state.

Benjamin Netanyahu spoke Sunday after the European Union's foreign policy chief criticized plans to build 800 new apartments and a military college on contested land, which the international community considers to be under Israeli occupation.

"We are not imposing any restrictions on construction in Jerusalem," Netanyahu told his cabinet. "It is our capital."

A top aide to Palestinian President Mahmoud Abbas promptly accused Netanyahu of deliberately destroying prospects for peace.

The Israeli leader's comment "comes in the context of the continuing destruction of the peace process and the two-state solution," Nabil Abu Rdeneh said.

THE ASSOCIATED PRESS

Bollywood

'King of Romance' dies of dengue fever

Bollywood movie mogul Yash Chopra died Sunday in Mumbai more than a week after he contracted dengue fever, a doctor said. He was 80.

Known as the "King of Romance," Chopra had a Hindi-language movie-making career that spanned five decades. His latest movie, Jab Tak Hai Jaan (As Long As I Am Alive), is scheduled for release across India next month. THE ASSOCIATED PRESS

Palestinians snub Fatah in local elections, analysts say

Palestinian President Mahmoud Abbas shows his ink-stained finger after casting his vote during local elections at a polling station in the West Bank city of Ramallah, Saturday. MAJDI MOHAMMED/THE ASSOCIATED PRESS

Independents. Fatah loses council majorities in five towns; Hamas boycotts election

Palestinian election officials said Sunday that voters choosing new local councils in the West Bank rebuffed candidates from President Mahmoud Abbas' Fatah movement in five of the 11 main towns, an apparent blow to the Palestinian leader.

Fatah had hoped to revive its flagging political legitimacy with Saturday's municipal elections, the first voting in the Palestinian territories in more than six years. With main rival Hamas boycotting the election, Fatah counted on a strong endorsement from voters.

Fatah won local council majorities in six towns, but lost in five others, a performance some said fell below expectations. In four of the towns where Fatah lost, including Ramallah, the seat of Abbas' government, voters preferred independent lists dominated by Fatah breakaways. In a fifth, biblical Bethlehem, never a Fatah stronghold, leftists and independents won.

THE ASSOCIATED PRESS

Pundits weigh in

Analysts portrayed the outcome as a blow to Fatah's leadership.

- "The elections reflected people's disappointment in the leadership's ability to lead them to a common goal," said pollster Nader Said.
- Fatah once dominated Palestinian politics, but has been in disarray since the death of Mahmoud Abbas' predecessor, Yasser Arafat, in 2004. Even after being trounced by the Islamic militant group Hamas in parliament elections in 2006, Fatah largely failed to reform or reinvent itself.

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Harnessing Africa's growth

Africa 2.0. A network of emerging leaders wants to rebrand the continent, encourage entrepreneurship and capitalize on stability

ELISABETH BRAW
Metro World News in London

In Addis Ababa, donkeys and goats graze by a street, with a "Facebook and Internet café" for a backdrop. There are shacks, open pits, garbage pickers — and young entrepreneurs toting iPads.

But Ethiopia is not the only African country with rapid growth. Last year Ghana was the world's fastest-growing economy, according to the Africa Progress Report. Among the others in the world's top 10: Congo, Mozambique, Nigeria, Zimbabwe and the Democratic Republic of the Congo. Welcome to Africa 2.0.

"Africa has one billion people, and will have two billion by 2040," notes Mamadou Toure, a young former JP Morgan banker who now works for the International Finance Corp.

Quoted

"We know we can't change 55 countries overnight. But many are willing, and the others will follow due to the force of success."

Mamadou Toure, an executive with the International Finance Corp. and a founding member of the Africa 2.0 network of emerging leaders

"It's a very young population. That's a huge potential workforce. And, thanks to democratization and stability, many Africans are returning from the diaspora. These young Africans are better educated, too. And all of this attracts investors as well."

Toure, who was born in Senegal and grew up in France, is one the founders of Africa 2.0, a network of emerging African leaders in politics, business and civil society.

Stability has led to impressive growth in former war zones like Rwanda, whose economy grew by nearly seven per cent last year, powered by tourism and exports of tea and coffee.

"Rwanda, Uganda and Ghana are good cases in point," says Lina Mohohlo, governor of the Central Bank of Botswana and a board member of the Africa Progress Panel, a group of international leaders monitoring African development.

Developing apps at an Internet café in Kumasi, Ghana. ELISABETH BRAW/METRO

"Their economic growth is underpinned by policy reforms, the gains from diversifying the economies, growing exports related to growing international demand and rising commodity prices. There's no reason why the continent shouldn't sustain this positive development."

In Accra, the capital of Ghana, British telecommunications giant Vodafone is building shiny new headquarters. Indeed, a whole new Airport City is rising around the ramshackle airport.

Toure knows Africa's remaining challenges well. "Several years ago, young Africans were starting to move back, but Africa was still the Dark Continent, with frequent coups.

"Now that's changing. Young Africans want to rebrand Africa, introduce best practices, establish a vision for our continent. And we have to make sure our growth is shared. That's why entrepreneurship is so important."

Africa outpaces the world

Of the world's 10 fastest-growing economies, eight are African:

1 Ghana: Strengths are agriculture (predominantly cocoa), oil, tourism
2 China
3 Republic of Congo: Strengths are oil, minerals, engineering
4 Ethiopia: Strengths are agriculture (predominantly coffee), textiles, manufacturing
5 India
6 Mozambique: Strength is aluminum
7 Nigeria: Strengths are telecommunications, construction, retail, manufacturing
8 Rwanda: Strengths are agriculture (predominantly tea and coffee), tourism, minerals
9 Democratic Republic of Congo: Strengths are agriculture, minerals, construction
10 Zimbabwe: Strength is mining

Wireless. Wave of brazen phone thefts in U.S. leaves authorities, carriers scrambling

In San Francisco, a tech-savvy city teeming with commuters and tourists, the cellphone has become a top target of robbers who use stealth, force and sometimes guns.

Nearly half of all robberies in San Francisco this year are cellphone-related, police say, and most occur on bustling transit lines. One thief recently snatched a smartphone while sitting right behind his unsuspecting victim, then darted out the rear of a bus in mere seconds. Another robber grabbed an iPhone from an oblivious bus rider — while she was still talking.

These brazen incidents are part of a ubiquitous crime wave striking coast to coast in the U.S. Thefts of cellphones — particularly expensive do-it-all smartphones — are costing consumers millions of dollars and sending law enforcement agencies and wireless carriers nationwide scrambling for solutions. THE ASSOCIATED PRESS

Canada-EU free trade. Patent drug makers tout research spending as talks wrap up

As trade talks with Europe enter the final stretch, Canada's patent drug industry is making a final push to sell its brand of medicine to Canadians.

This week, Canada's Research-Based Pharmaceutical Companies will release three studies in an effort to show they have kept their word on research spending and that, nevertheless, the situation is getting dire.

One report from KPMG suggests spending by the industry in Canada has been underestimated and is at about the 10 per cent level of sales it promised in the 1980s.

The public-relations push dovetails with the last scheduled negotiation session for the Canada-EU free-trade agreement, where patent protection is a key issue. Talks are slated to end this week with the aim of signing a high-level deal by the end of the year. THE CANADIAN PRESS

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HOW DOES MORE CHOICE EQUAL LESS FREEDOM?

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

A touch-up to rules for food carts is an unexpected place to find impassioned ideological arguments about the role of government. But last week, as the city's community and protective services committee debated changes to bylaws for food vendors, some members worried the city was trying to micromanage the street-meat business.

"We don't need a nanny state," Coun. Eli El-Chantiry said. To be clear, the councillor wasn't taking issue with most of the stacks and stacks of existing and proposed regulations governing the size of food carts (no wider than 1.2 metres) or where you could put them (more than 10 metres from any bus stop, more than 46 metres from another establishment serving food, more than three metres from the next cart, etc.)

What seemed to rankle most was a plan for a panel of reps from the Ottawa Hotel, Motel and Restaurant Association, the Canadian Culinary Federation, Savour Ottawa, Just Food and the Ottawa Board of Health, to vet prospective vendors "based on the applicants' business plan, qualifications and experience, cart or truck presentation, diversity and innovation of the menu, and service hours and operational readiness."

Food for thought

Now, with up to 20 vendor spots up for grabs, the city, instead of going the traditional route and handing them out by lottery, wants to require prospective licensees to step up their game and actually compete for them.

Coun. Rick Chiarelli, the only member of the committee who actually voted against the new scheme, said the city had no business trying to "engineer menus," which is a curious way to characterize the above.

It's not as if the city is proposing to create a Commissar of Snacks, dictating what the citizens of Ottawa shall eat. The inclusion of a public-health rep on the panel might result in the approval of some slightly less deleterious food on the street, but nobody's obligated to eat it.

And the status quo of Ottawa's tasty-but-trite street-food offerings — hotdog and sausage carts, chip trucks and precious little else — is hardly the legacy of an unfettered market.

Until 2007, hotdogs and sausages were among the few foods Ontario's Health Protection and Promotion Act specifically permitted for sale from vending carts.

It was the government of Dalton (Premier Dad) McGuinty — the very nanniest of nanny-staters according to his detractors, the guy who banished trans fats from school cafeterias — who decided to widen the possibilities. Now if somebody wants to sell you a samosa or a soup or a salad from a cart, they're no longer breaking Ontario law.

Five years later, though, there hasn't been much change curbside in Ottawa, but that doesn't have much to do with consumer demand — or lack thereof — for something new. For the most part, nothing new has been offered.

Holders of existing permits stuck with what they knew, and since they were permitted to pass their licences on to the next generation of hotdog hawkers in their families, there hasn't been much chance for new players to get into the game.

Now, with up to 20 vendor spots up for grabs, the city, instead of going the traditional route and handing them out by lottery, wants to require prospective licensees to step up their game and actually compete for them.

Sure, it's possible that a vendor somehow manages to convince the panel that the Ottawa market is crying out for tofu on toast with a bracing eggplant smoothie, only to load up his cart and find nobody's buying. That seems to me a problem entirely for the vendor — so why are council's diet libertarians losing sleep over it?

There's no threat here to anyone's opportunity to load up on fat and sodium on a bun at three bucks a dose, and as a committed junkavore, I'd be the first one manning the barricades if there were.

The only risk is that you might be offered an alternative to another serving of same-old. That alternative might or might not be better for you, but it wouldn't be yet another hotdog. Think you can handle that choice, or should council keep protecting you from it?

Rage against the machine

KEITH CROWLEY/SOLENT

'Wild' life

Angry elk vents fury on family car

This rampaging elk started attacking passing cars after having a fight during mating season.

The fuming animal, which had been clashing with other male elk, lashed out at tourists who had stopped to watch the beasts at Yellowstone National Park in Wyoming.

It is rutting season and male elks (bulls) are trying to attract the attention of female elks (cows) to breed with.

"In the process of trying to win over a harem, the elks battle each other," the photographer, Keith Crowley, explained. METRO

Photographer's viewpoint

"In their heightened state, they will also attack anything they see as a threat to 'their' cows, including pedestrians and vehicles."

Wildlife photographer Keith Crowley, 51, from Wisconsin
Crowley said drivers couldn't resist slowing down to take a look at the gathering of around 60 elks one evening

Elk

- **Population in Yellowstone.** The elk is the most abundant large mammal found in Yellowstone: more than 30,000 during the summer and roughly 15,000 to 22,000 in the winter. Elk have frequented Yellowstone for more than 900 years.
- **Rut is a riot.** During the breeding season (September to mid-October), bulls coat themselves in mud to "perfume" themselves to attract mates. Bulls spar each other with antlers and cry out a series of low-pitched bellows (known as bugling) to establish their dominance over a certain region.

By the numbers

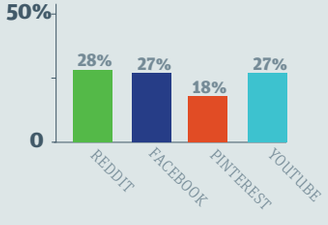
47

The number of vehicles that were damaged by one bull, Crowley counted. The nature photographer said visitors are unaware that, by slowing down their cars to catch a glimpse of an elk, they can cause an attack. "Despite an abundance of signs warning of the danger and park rangers shouting instructions to keep moving, most drivers simply slowed down," he said. "They appeared unaware that the bulls might actually attack their vehicles."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the best time-waster website?



Twitter

@no_worriezz:
I used to wake up to at least 3 texts. Now I'm lucky if my mom has texted me. #ForeverAlone

@bitofmomsense:
@karmasdogma we should do calls or something once and a while. I hate the phone but I'd pick it up for you ;)

@Prof_Kat_Hughes:
Alright, it's been a week & my cold is WORSE! Please send your cold busting tricks so I can get better.

@xoazalia:
Your body is not a battle ground. Hang in there.

@jennifer6688:
Don't dwell on the past. Focus on the future.

@alexaderksen:
We learn to live with the pain mostly of broken hearts

metro

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RuPaul, host of RuPaul's All Stars Drag Race, won't admit to any favourites on the show. GETTY IMAGES

RuPaul gets revved up for an all-star Drag Race

Go big or go home.
Queen of reality TV brings former contestants back to avenge their losses and vie for top prize

NED EHRBAR
Metro World News in Hollywood

After four seasons of fierce competition — with a fiercely loyal cult following — drag superstar RuPaul is giving 12 former contestants another shot at glory with RuPaul's All Stars Drag Race. But don't expect the outspoken host and judge to admit to any favourites.

So what's new on the show this season?
Well, obviously we have the all-stars, who are basically the Avengers of drag. These are the biggest and the best. They are avenging the fact that these are the girls who did not win the top prize, so they've got something to prove. Even the weakest competitor has an incredible story to tell, because these are kids who come from backgrounds where they've been ostracized and shut out, and they've persevered. We all live in a patriarchal, masculine culture, and doing this kind of work, to go against the grain like this, is nothing short of heroic.

Do you have any favourites among the all-stars?
I'm the mommy, I cannot play favourites. Of course I have favourites, but I can't tell anybody (laughs). I have the best job in the world. I've always loved queens. I've always loved people who dance to the beat of a different drummer, and I've found myself in the best job in the world... I love creativity. I love to take something apart and rebuild it and see what makes it work. And when we're producing this show, before the cameras roll, we're putting together an ensemble of creative people to be our competitors, but we're also putting together these challenges that are really kind of life challenges in disguise — wrapped up in pretty, funny packages. So I love being creative, and that's what this job allows me to do. And also I get to usher these incredible entertainers into the big time, because our show is seen in 25 different countries around the world, so they become world-famous. Even the girl who's eliminated first becomes world-famous.

What do you think Canadian audiences are going to get out of it?
Well, they're going to get a whole lot of American attitude from queens who basically really are the tastemakers and phrase-makers of the world. When I was growing up, gay people were the arbiters of style, of lingo, and that's still true today, but not as much as it used to be, with all the blogs and everything. There's a lot of clever people out there. But our show gives you a whole vernacular, a whole attitude and actually a whole take on life that is courageous and adventurous.

For more info...

- **Watch it.** RuPaul's All-Stars Drag Race series will air exclusively on OUTtv on Mondays, premiering Oct. 22 at 9 p.m. ET/PT. Followed by the behind-the-scene series Untucked: All-Stars.

Victoria Justice has some fun shooting film

Confusing Cleveland.
Ohio residents were thrown for a loop by Fun Size set, according to young actress

RICHARD CROUSE
scene@metronews.ca

For the people of Cleveland, Ohio, the shooting of the new comedy Fun Size was a surreal experience.

"It was really funny that we were filming this movie in the dead summer, hot and humid in Cleveland, when it was supposed to be October," said the movie's star, Victoria Justice.

"People that lived in Cleveland, normal people who weren't in the movie, got confused when they would drive by us and see all these Halloween decorations."

But Halloween decorations in July weren't the only tricky aspect of the shoot for Clevelanders.

"Captain Chicken, where all the mayhem starts to happen," she says "is obviously a fake fast-food chain, but people in Cleveland were actually signing up to try and work there. So that was hilarious. They were sending in job applications and we were like, 'Too bad this is going to be knocked down in two days!'"

The 19-year-old Justice has been performing since age 10, first making a name for herself on Nickelodeon shows like Zoey 101 before headlining her own comedy show Victorious. She's the first to admit that Fun Size's story of an out of control Halloween night is something a little different for her longtime fans.

"I have a feeling they're really going to like it," she says. "It is PG13, so I think teens and adults can enjoy it together. I think younger kids, if their parents let them see it, are really going to like it because it is a little naughty in parts."

The script's edge is what drew her to the project.

"I liked that it was a bit edgier than the scripts I had been reading and I loved that it was something different, that it was a unique concept."

Fun Size opens Friday.

Victoria Justice GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay Lohan calls police on her dad

Lindsay Lohan apparently can't win with either of her parents.

The actress, whose recent argument with her mom led to police intervention, reportedly called the police on dad Michael Lohan, who had turned up at her Beverly Hills home with a group of friends to stage an intervention, according to TMZ.

Michael told the website that his daughter is in need of treatment and has been surrounding herself with "a bunch of alcoholics and drug addicts."

Police arrived in response to a complaint that Michael and his posse were trespassing, and they soon dispersed.

Adele

Adele celebrates birth of a boy

Adele has given birth to a baby boy, according to Sunday Mirror. The singer and boyfriend Simon Konecki welcomed the tot last week.

"Adele and Simon are ecstatic at their new arrival. She was over the moon that they were expecting their first child together," a source tells the newspaper.

The birth comes just four months after the Rolling in the Deep singer announced to the world that she was pregnant.

The Word

Timberlake and Biel by the numbers

THE WORD
Dorothy Robinson
scene@metronews.ca

Justin Timberlake married his first wife, actress Jessica Biel, on Friday night in southern Italy.

Although the wedding was on lockdown harder than Britney Spears' virginity circa 1998, some details have leaked out. Here's a quick look at what it took for Biel to become Justified.

150: Number of guests, including Andy Samberg, Jimmy Fallon, 'N Sync singer Chris Kirkpatrick, actress Beverley Mitchell and Timbaland.

2: Number of times the couple has split in their five-year courtship.

5: Number of stars of the Borgo Egnazia, the luxury resort they took over for the festivities. The complex is located in Ostuni, Puglia, in the heel of Italy.

6.4: Cost, in millions, of Friday night's nuptials, according to Radar Online. This figure covered private jets, white flowers throughout the hotel complex, a fireworks show and the resort costs.

Katy Perry

Katy Perry playing hard to get with John Mayer

There's some new insight into why Katy Perry keeps sticking with on-again, off-again beau John Mayer, according to Us Weekly.

Apparently the pop star "believes she can change him," sources say. "She doesn't want to be just another one of his conquests."

Her latest strategy — which may explain all the breaking up and making up rumours — is reportedly to play hard-to-get.

"She recently told John she was open to see other people," the source says. "Once Katy turned her back on him, he started chasing her again."

Quote

"She doesn't want to be just another one of his conquests."

Source
Talking about Katy Perry's relationship with John Mayer

LIFE 3

Parenting

Packing made perfect

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel can be a lot of work, particularly if parents are responsible with not only packing for themselves, but for their kids as well.

Inevitably, when you reach your destination, at least one of the kids will pull a T-shirt out of their suitcase and say, "I'm not wearing this."

Put your kids in charge of their own suitcases. Teaching your kids to pack for themselves not only takes the stress off mom and dad, but it trains them to be responsible for their own belongings, which is invaluable as they grow up and head off to summer camp, sleepovers and eventually post-secondary education.

Even young kids who can't read can do their own packing. Give them a list using pictures of what they need to pack, and if you want a specific T-shirt or pair of pants, make them the right colour.

When they're older, help them create their list or at least describe what types of clothes you think they'll need for the different activities they'll be doing.

They'll learn how to avoid not packing enough and over-packing. If they forget something, it'll be a great lesson to take more care the next time.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

So, they're still not eating their lunches?

Kitchen lessons. Food Network chef Dale MacKay shares his tips on getting your kids to eat — and love — what you pack for them

DAN CLAPSON
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It's almost the end of October and they're still brining home uneaten sandwiches?

Vancouver-based chef and Top Chef Canada Season One winner, Dale MacKay, offers his tips on getting kids of all ages inspired in the home kitchen and what you should be popping into your kids' lunch boxes.

When you were young, what was your favourite thing to have for lunch?
A good peanut butter and jelly sandwich, some fruit and some yogurt!

Now, as an adult, what's the most important thing to remember when assembling a lunch for your son, Aydan?
Try to hit all the food groups. Pack some raw vegetables, fruit. If you're going to go (with) a snack, then choose good quality granola bars that don't have a lot of sugar.

Does your son help make lunch/spend time in the kitchen with you?
He's starting to a lot more now. We cook dinners at home a lot ... I try to involve him way more often. Whether Aydan's cutting vegetables, pan frying or whatever it is, he's getting a lot more at ease.

What's a great fundamental cooking process or meal to start with when getting kids involved in the kitchens?
Chopping (ingredients) with you. Whatever you're cutting, whether it's celery or carrots, you can snack on it while you're cutting and explain why we're doing something a certain way, why you're using something … why the process is the way it is.

Chef Dale MacKay and his son Aydan. SUBMITTED

Any tips on how to get a kid to eat a fruit/vegetable they don't like?
That's hard. Some kids certainly don't love fruits and vegetables … but, take apples (for example) and go through different varieties of them. If you give a child a Granny Smith apple, he may never want to eat one again because they're so tart. If you get a Pink Lady apple, it's sweeter. That's what I did with Aydan and now he loves them so much.

As a parent, what's one junk food/fast food item you hate to see kids eating?
Too much candy! I rarely ever purchase anything that's straight sugar. I don't ever really give Aydan pop, so he doesn't crave it because he hardly ever gets it.

Kitchen Tips

Here are Dale's tips for getting kids of all ages involved in the kitchen.

- **Young children (5 - 8).** Bring them grocery shopping with you and ask for their help while making a meal.
- **Tweens (9 - 12).** Watch the Food Network with them and check out online cooking videos.
- **Teenagers (13 - 18).** Take them to an array of restaurants and search out different flavours found in ethnic cuisines. Then assign one night a week for them to cook.

Exclusively online

metronews.ca/voices

- **Couch potato.** Mommy hasn't watched this much TV since the height of her Full House addiction circa 1993. Follow along with the comedic (mis) adventures of mommyhood online at metronews.ca/voices

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Campaigning for the career of your dreams

Political pursuit. When it comes to the job hunt, treat the search like you're vying for their vote

JULIA WEST
life@metronews.ca

A job search isn't that much different from a political campaign: You must outline a plan for your future and be able to clearly convey your qualifications to potential employers.

And although you may not be sweating under the hot lights of a prime-time debate, it can certainly feel like it during an interview. That's why it's best to have a campaign strategy.

Count on your volunteers

Don't be embarrassed to hit up your network and let them know that you're looking to fill a new role at the right company.

"Just as politicians rely heavily on their supporters, so should you," says Uva Coles, dean of Career Management Services at Peirce College.

"Reach out to those in your circle of influence. Ask them to spread the word about who you are and what you are looking for."

A little help from your friends

"Reach out to those in your circle of influence. Ask them to spread the word about who you are and what you are looking for"

Uva Coles
Dean of Career Management Services at Peirce College

Perfect your image

From their flag pins to their blow-outs, those running for political office put a great deal of effort into presenting the right image.

"Dress the part when you are networking at trade shows, meetings or other events," says Bill Corbett, president of Corbett Public Relations. "Be sure to have a quality photo on your LinkedIn profile," he adds.

What about those photos from last night online? "There is nothing wrong with personal photos online," says Corbett. "However, if you have doubts about how you appear in an online photo or video, take it down."

Besides, if you're running for president one day, that photo may not be so harmless after all.

Know-it-all

Get a feel for the field

- You need to understand more than just your goals and strengths — you must also understand how your opponents and employers operate. "As with debate preparation, you need to know how the other side thinks," says author and career expert Tracey Wilen-Daugenti.
- "Research hiring managers, your possible boss and the company itself using online information and social network profiles."

Image-savvy politicians have meticulous campaign strategies — and you should, too. ISTOCK

When the professor is puzzled

Subject sans-knowledge. Author takes a look at learning from the untaught teacher

BRUCE WALSH
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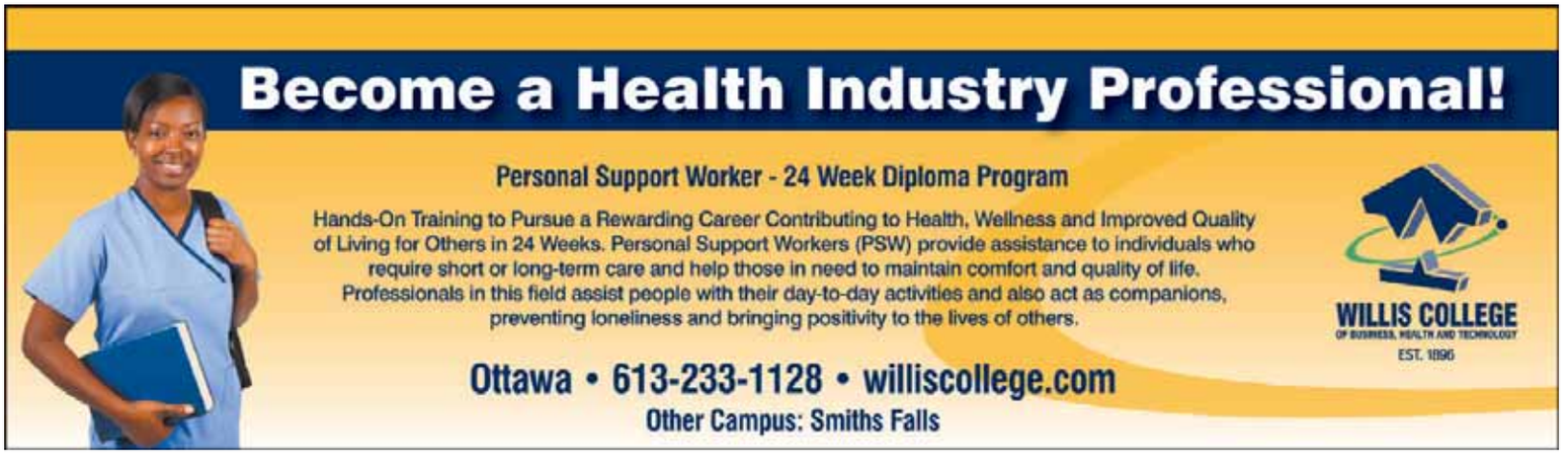
While serving as the director of a faculty development centre at Seattle University, Therese Huston noticed a recurrent complaint emerging from professors: "I'm being asked to teach a subject I never studied."

In 2009, Huston authored a self-help manual for profs coping with this dirty little secret of higher education, Teaching What You Don't Know. And, judging by the book's success, it's an all-too-common problem: The second edition will be released this month, and there's already an audio book on the market, perfect for ever-commuting adjuncts.

"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material," says Huston. "People were embarrassed to talk about that, but this is when they needed the most help."

Based largely on case studies of 28 professors from a wide range of colleges and universities, Huston tackles the issue from course preparation to final exams. "This is the first book to talk openly about teaching outside of your expertise. Most books assume the opposite. So I had to look at the empirical literature differently to find research that might be relevant."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It's books before booze for many a student

Rethink the drink.
Author takes a shot at on-campus alcohol abuse policies

BRUCE WALSH
life@metronews.ca

After studying student alcohol use for more than 15 years, Auburn University professor Christopher J. Correia is encouraging administrators to take the judgmental sting out of their drinking policies.

This week, Wiley publishing will release Correia's latest book — College Student Alcohol Abuse: A Guide to Assessment, Intervention and Prevention —which he hopes will become a new policy model for campuses across the country. "The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate," says Correia.

"There are plenty of students with problems, but they don't all have the same problem.

There are short-term problems, perhaps just one particular night, and then there are longer standing problems. We don't serve students well when we try to treat every problem the same way."

Correia co-authored Student Alcohol Abuse with researchers from the University of Memphis and Brown University, along with input from other prominent drug and alcohol analysts.

"It's a public health issue," says Correia. "We need to move away from abstinence-based, restrictive in-patient solutions, and realize there are lots of other treatment models out there — models that are more reality-based than thinking that college students are never going to drink."

An awesome time sans-alcohol: Learners and liquor aren't as quick to mix as we might think. ISTOCK

Not so quick to mix

"The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate."
Christopher J. Correia
Auburn University professor

Positive shift

Changes on the horizon

- While alcohol abuse remains a problem, Correia says the situation is improving. "If you look at the numbers of students that engage in binge drinking, or at the numbers of deaths, injuries and accidents, it's hard to be super optimistic. Those numbers have remained fairly stable. However, we are seeing a positive shift: There are more interventions out there that have empirical support. That means administrators can start to have more confidence in their options."

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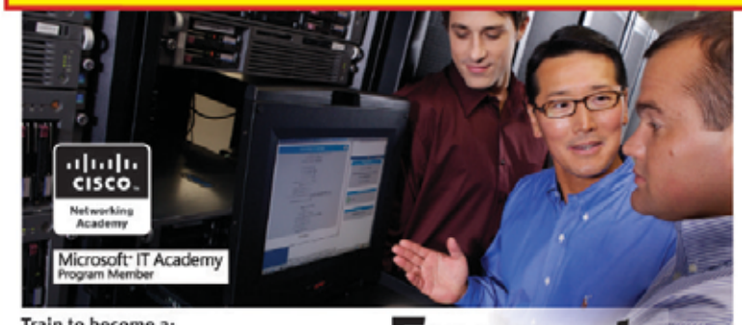

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The In-Credibility Factor

Name: Darren Smith
City: Baysville, Ont
Age: 25
Occupation: Owner and president of Lake of Bays Brewing Company

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Darren Smith PROVIDED

In his third year of university, Darren started recipe development for his own brand of beer in a pot on top of his stove. After putting together the necessary financing, Smith opened his brewery in May of 2010 with a staff of four. After two successful years, he now employs 25 people and sales of Lake of Bays Beer have quadrupled.

I knew I was on my way when... we started getting the first round of merchandise with our Lake of Bays logo on them. The night we opened, we went into the local pub in Baysville. Everyone was drinking Lake of Bays beer out of our glassware. It was cool seeing it served to people. We've gone from pale ale to four beers and our aim is to become one of the major players in the beer business, taking our brand across Ontario and eventually across the country.

Action Plan

• Talk to people: As an entrepreneur, it's easy to be filled with enthusiasm to make your idea work. Find people who are in the same business as you and really listen to them. You will benefit when they give you honest feedback on your business plan.

• Do some serious financial sleuthing: See if you can get your hands on the finances of a company that is doing what you want to do. Get an idea of the financial structure of the business and ask them how long it took to get established and profitable.

• Abhor fixed costs: In a new business you're building sales and volume and if you have a lot of fixed expenses, it can be really challenging. If you have to deliver your product, contract another company to do the deliveries and when the sales come you can justify buying your own vehicle.

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PB & J sandwich makeover

Most kids — and many adults who want to remember being kids — love peanut butter and jelly sandwiches. Problem is, this childhood staple is high in fat and sugar. So it's time for a remake of that beloved sandwich.

The first fix is the bread. Skip the fluffy white bread and go straight to a multigrain or whole wheat.

The second fix is the jelly. Even the healthiest varieties are jammed with sugar. So start with a base of all-fruit spread, but add a healthy dose of real fresh berries. This gives the sandwich just the right touch of sweetness.

The final trouble spot in the typical PB&J is the peanut butter. Opting for a natural, unsweetened peanut butter gets you on the right track. But even regular peanut butter is loaded with fat. So you want to use it sparingly. But that doesn't taste nearly as good as really loading it on.

The solution? Mix together peanut butter and cooked instant oatmeal. Crazy? Maybe a little. But oatmeal has a nutty, pasty quality to it already. Mixed with peanut butter, it makes a delicious sandwich filling. Of course, be sure not to buy sweetened instant oatmeal. And this recipe works just as well with any of the peanut butter alternatives.

Updated Peanut Butter and Jelly Sandwich

This recipe serves one. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp instant oatmeal
- 3 tbsp non-fat milk
- Pinch salt
- 1 tbsp natural unsalted peanut butter
- 1/4 cup chopped fresh berries
- 2 tsp all-fruit spread
- 2 slices multigrain or wholewheat bread

1. In a small microwave-safe bowl, combine the oatmeal, milk and salt. Microwave on high for 1 minute, or until boiling. Allow to cool for 5 minutes, then stir in the peanut butter.

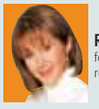
2. In another small bowl, stir together the berries and fruit spread.

3. Spread the peanut butter-oat mixture on one slice of bread and the fruit mixture over it. Top with the second slice of bread.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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Desserts at restaurants always look delicious and taste even better. Their nutritional information, however, doesn't look quite as nice.

Milestones The Cookie

1,300 calories/ 69 g fat/ 36 g saturated fat/ 113 g sugar
With gelato, which is less calories and fat than ice cream, and chocolate and caramel sauces, this cookie holds a day's worth of fat and calories.

Equivalent

One innocent sounding The Cookie from Milestones is equal in calories to three and a half medium strawberry sundaes from Dairy Queen.

Milestones Ibarra Chocolate Cake

334 calories/ 18 g fat/ 9 g saturated fat/ 30 g sugar
Even with gelato, chocolate sauce and whipped cream, this Mexican chocolate lava type of cake contains less calories, fat and sugar.

Peanut Butter S'mores Bars: Sweeter snacking

The point of these delicious Peanut Butter S'mores Bars was to create a simple snack with the flavour of s'mores, but with the texture, ease and portability of puffed rice treats, which the kids could enjoy after school.

1. Coat a 9-by-9-inch baking pan with cooking spray.

2. In saucepan over medium-low, add unsalted butter, marshmallows and smooth, natural peanut butter. Stir everything until it is completely melted and smooth.

3. Remove the pan from the heat and add the lightly crushed graham cereal and lightly crushed graham crackers. Stir to coat. Using buttered fingers, press the mixture into the prepared pan. Set aside.

4. In a microwave-safe dish, melt the semi-sweet chocolate bits by heating them in 30-second intervals (depending on the power of the microwave), and stirring in between.
Spread the melted chocolate over the bars and sprinkle with the peanuts. Allow to cool and then cut into bars.

THE ASSOCIATED PRESS

Ingredients

- 3 tbsp unsalted butter
- 10-oz package marshmallows
- 1/4 cup smooth natural peanut butter
- 3 cups graham cereal, lightly crushed
- 1 sleeve of graham crackers (9 sheets), lightly crushed
- 1 cup semi-sweet chocolate bits
- 1/2 cup lightly salted peanuts

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Lockout

NHL's Daly says CBA framework is in place

Time is running short to save a full NHL season.

But with just days remaining to strike a new collective bargaining agreement and preserve an 82-game schedule, deputy commissioner Bill Daly indicated that he felt there was a deal to be made.

Asked on Sunday whether there was a chance for the sides to get something in place by Thursday's deadline, Daly responded by saying, "That's more of a question for the union than it is for me.

"We think there's a framework of a deal on the table," he added.

It's the same conclusion a number of observers reached after watching the league and NHL Players' Association move closer together in proposals delivered over the last week.

At worst, they remain about $550 million US apart in the division of revenue over a five-year deal — depending on which of the union's three proposals is used and at what rate the business ends up growing. They could be separated by as little as $320 million.

The NHLPA has shown a willingness to get to the league's desired 50-50 split of revenues over the course of the deal, but wants to ensure all current contracts are honoured in full. THE CANADIAN PRESS

Bill Daly GETTY IMAGES FILE

The Toronto Blue Jays agreed to a deal with Boston on Sunday that releases manager John Farrell from his contract with Toronto, allowing him to land the top job with the Red Sox. TOM SZCZERBOWSKI/GETTY IMAGES FILE

Farrell bidding Toronto farewell for 'dream job'

MLB. Former Blue Jays manager headed to Boston; Red Sox deal infielder Aviles for Jays' pitcher Carpenter as part of deal

John Farrell's old boss says the Boston Red Sox's new manager has his dream job.

The Blue Jays agreed to a deal with Boston on Sunday that released Farrell from his contract with Toronto, allowing him to join the Red Sox.

"This was a dream job for him and an opportunity he really wanted to pursue," Blue Jays general manager Alex Anthopolous said on a conference call. "If it was a deal that made sense for our club as well we were going to go ahead and try to complete that."

The Blue Jays have a policy that employees cannot make lateral moves to other organizations without compensation. As part of the deal with Boston to acquire Farrell's services, the Red Sox dealt infielder Mike Aviles to Toronto for right-handed pitcher David Carpenter.

Anthopolous says Farrell indicated to him after the season that if the Red Sox showed interest, he wanted to pursue the opportunity.

Boston approached Blue Jays' management, and negotiations went from there.

"My responsibility is to the ball club," Anthopolous said. "But I also understand the connection, I understand the ties. John had been there a long time, has a lot of strong relationships there.

"That's how he expressed it to me. This is the one job, there's no other city that was more of a perfect fit or a perfect opportunity."

Farrell received a three-year deal in Boston, which also interviewed San Diego Padres special assistant Brad Ausmus, New York Yankees bench coach Tony Pena, Los Angeles Dodgers third-base coach Tim Wallach and Baltimore Orioles third-base coach DeMarlo Hale.

"I'm extremely excited to be returning to the Red Sox and to Boston," Farrell said in a statement. "I love this organization. It's a great franchise in a special city and region, with great fans, and we want nothing more than to reward their faith in us."

Now the Blue Jays will have to fill the void left by Farrell's departure. Anthopolous says he will begin the process of hiring a new manager in the coming days.

"There are zero front runners," he said. "I've started to think about it a little bit, but it will be a much smaller group (of candidates) than last time." THE CANADIAN PRESS

Farrell's tenure

- John Farrell, who was named the 12th manager in Blue Jays history in October 2010, guided the team to a 73-89 record this season.
- Toronto finished 81-81 in 2011, Farrell's first season as manager.
- Farrell was hired by the Blue Jays after four seasons as a pitching coach with Boston.

Manning and Giants spoil RG3's comeback

Eli Manning, left, meets Robert Griffin III after the Giants' 27-23 win Sunday in East Rutherford, N.J. AL BELLO/GETTY IMAGES

While Robert Griffin III is quickly becoming the NFL's most exciting quarterback, there's none better than Eli Manning with the game on the line.

Manning one-upped the Washington Redskins' rookie sensation with a pinpoint 77-yard scoring pass to Victor Cruz with 1:13 to play and the New York Giants overcame a late touchdown toss by Griffin to defeat the Washington Redskins 27-23 on Sunday.

"With our offence and Eli at the helm, we're never too worried," Cruz said. "No matter what situation we're in, no matter how many points we need or a field goal we need, we have the confidence we can do it. We have a lot of confidence in each other, and in Eli."

The winning drive was the 22nd of Manning's career in either the fourth quarter or overtime, his second this season and eighth over the past two seasons. This pass might have been one of the most improbable.

It came two plays and 19 seconds after Griffin capped what was a potential winning 77-yard drive with a 30-yard touchdown toss to Santana Moss. The rookie had kept the drive alive with a 19-yard pass off a desperate scramble on a fourth-and-10 play deep in his own territory and a 24-yard run on the next play. THE ASSOCIATED PRESS

Week 7

Giants	Redskins
27	23

4 SPORTS

MLB

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7)
N.Y. Yankees (E) vs. Detroit (C)
(Detroit wins series 4-0)
Thursday's result
Detroit 8 N.Y. Yankees 1
Tuesday's result
Detroit 2 N.Y. Yankees 1
Sunday's result
Detroit 3 N.Y. Yankees 0

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7; x-if necessary)
(San Francisco (W) vs. St. Louis (WC)
(St. Louis leads series 3-2)
Sunday's result
St. Louis at San Francisco
Friday's result
San Francisco 5 St. Louis 0
Thursday's result
St. Louis 8 San Fransisco 3
Wednesday's result
St. Louis 3 San Francisco 1
Monday, Oct. 22 — All Times Eastern
x-St. Louis at San Francisco, 8:07 p.m.

WORLD SERIES

(Best-of-7; x-if necessary)
San Francisco-St. Louis winner vs. Detroit
Wednesday, Oct. 24
Detroit at San Francisco-St. Louis winner, TBA
Thursday, Oct. 25
Detroit at San Francisco-St. Louis winner, TBA
Saturday, Oct. 27
San Francisco-St. Louis winner at Detroit, TBA
Sunday, Oct. 28
San Francisco-St. Louis winner at Detroit, TBA
Monday, Oct. 29
x-San Francisco-St. Louis winner at Detroit, TBA
Wednesday, Oct. 31
x-Detroit at San Francisco-St. Louis winner, TBA
Thursday, Nov. 1
x-Detroit at San Francisco-St. Louis winner, TBA

AHL

Sunday's results
Grand Rapids 4 Toronto 3 (SO)
Binghamton 2 Hershey 1 (OT)
Syracuse 3 Wilkes-Barre/Scranton 1
Lake Erie 4 Texas 0
Rockford 5 Charlotte 4
Milwaukee 5 Houston 4 (OT)
Saturday's results
Toronto 5 Hamilton 0
Abbotsford 4 Chicago 1
Adirondack 4 St. John's 3
Albany 4 Worcester 0
Bridgeport 3 Wilkes-Barre/Scranton 2
Manchester 6 Portland 4
Norfolk 6 Connecticut 3
Providence 3 Springfield 1
Rochester 8 Hershey 7
Syracuse 6 Binghamton 5 (OT)
Charlotte 2 Rockford 1
Houston 5 Texas 3
Lake Erie 5 Oklahoma City 3
San Antonio 1 Milwaukee 0
Monday's games
No Games Scheduled.
Tuesday's games — All Times Eastern
Portland at St. John's, 6 p.m.
Hamilton at Rochester, 7:35 p.m.
Lake Erie at Oklahoma City, 8 p.m.

GRIFFINS 4 MARLIES 3 (SO)

First Period
1. Toronto, Komarov 1 (Colborne, Zigomanis) 17:46
Penalties — Fournier GR (slashing) 11:06, Fournier GR (holding) 18:14.
Second Period
2. Toronto, Kostka 2 (Ryan, Ashton) 4:47
3. Grand Rapids, Nyquist 1 (Tatar, Billins) 8:18 (pp)
4. Toronto, Holzer 1 (Colborne, McKegg) 11:13
5. Grand Rapids, Tatar 1 (Billins, Paetsch) 16:27 (pp)
Penalties — Scott Tor (slashing) 7:08, Blacker Tor (cross-checking) 9:39, Andersson GR (cross-checking) 10:52, Evans GR (tripping) 11:52, Andersson GR (checking to the head) 13:35, Zigomanis Tor (interference) 14:35.
Third Period
6. Grand Rapids, Nyquist 2 (Sheahan, Billins) 6:53
Penalties — Andersson GR (hooking) 11:32, Deschamps Tor (tripping) 12:51, Evans GR (fighting), Parkes GR (roughing), Fraser Tor (interference, fighting), Kadri Tor (roughing) 17:44, Holzer Tor (cross-checking) 19:24.
Overtime
No Scoring.
Penalties — None.
Shootout
Grand Rapids wins 3-0
Grand Rapids (3) — Jurco, goal; Smith, goal; Nyquist, goal. Toronto (0) — Hamilton, miss; Kadri, miss; Aucoin, miss.

Shots on goal					
Grand Rapids	**5**	**10**	**12**	**4**	**— 31**
Toronto	**6**	**12**	**3**	**2**	**— 23**

Goal — Grand Rapids: McCollum (W,1-0-1); Toronto: Rynnas (SOL,1-0-1).
Power plays (goals-chances) — Grand Rapids: 2-6; Toronto: 0-6.
Referee — Chris Ciamaga. **Linesmen** — Paul Reid, Matt Traub.
Attendance — 4,324 at Toronto.

NBA PRESEASON

Sunday's results
Orlando 104 San Antonio 100
Philadelphia at Boston
Denver at Oklahoma City
Sacramento at L.A. Lakers
Saturday's results
Miami 104 San Antonio 101
Atlanta 110 Dallas 94
Indiana 83 Memphis 80
Boston 109 New York 98
Detroit 85 Charlotte 80
Washington 102 Milwaukee 94
Utah 99 L.A. Clippers 91
Monday's games — All Times Eastern
Milwaukee at Toronto, 7 p.m.
New York vs. Philadelphia, 7 p.m.
at Syracuse, NY
New Orleans at Dallas, 8:30 p.m.
Sacramento at Phoenix, 10 p.m.
Utah at Portland, 10 p.m.
Golden State at L.A. Clippers, 10:30 p.m.
Tuesday's games
Miami vs. Charlotte, 7 p.m.
at Raleigh, NC
Indiana at Cleveland, 7 p.m.
Oklahoma City at Chicago, 8 p.m.
Phoenix at Golden State, 10:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
y-Kansas City	17	7	9	60	40	26
x-D.C.	17	10	6	57	52	42
x-Chicago	17	11	5	56	45	40
x-New York	15	9	9	54	54	46
x-Houston	14	8	11	53	48	39
Columbus	14	12	7	49	42	43
Montreal	12	15	6	42	45	50
Philadelphia	10	16	6	36	36	40
New England	8	17	8	32	38	44
Toronto FC	5	20	8	23	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	8	65	71	42
x-Real Salt Lake	17	11	5	56	46	35
x-Seattle	14	7	11	53	48	31
x-Los Angeles	15	12	6	51	58	47
Vancouver	11	13	9	42	35	41
FC Dallas	9	12	11	38	39	42
Colorado	10	19	4	34	42	50
Portland	8	16	9	33	33	55
Chivas USA	7	18	8	29	22	56

NOTE: Three points for victory, one point for tie.
x-clinched playoff berth
y-clinched conference
Sunday's results
Los Angeles 2 San Jose 2
Portland 1 Vancouver 0
FC Dallas at Seattle FC
Saturday's results
Toronto FC 0 Montreal 0
New York 0 Sporting Kansas City 0
D.C. United 3 Columbus 2
New England 1 Chicago 0
Houston 3 Philadelphia 1
Colorado 2 Chivas USA 0
Wednesday's results
Seattle FC 0 Real Salt Lake 0
Wednesday's game — All Times Eastern
Philadelphia at Sporting Kansas City, 8:30 p.m.
Saturday, Oct. 27
New York at Philadelphia, 1:30 p.m.
New England at Montreal, 2 p.m.
D.C. United at Chicago, 4 p.m.
San Jose at Portland, 6:30 p.m.
Vancouver at Real Salt Lake, 9 p.m.
Houston at Colorado, 9 p.m.

ENGLAND

PREMIER LEAGUE
Sunday's results
Sunderland 1 Newcastle United 1
Queens Park Rangers 1 Everton 1

FRANCE

LIGUE 1
Sunday's results
Ajaccio 0 Bastia 0
Lyon 1 Brest 0
Troyes 1 Marseille 0

GERMANY

BUNDESLIGA
Sunday's results
Nuremberg 0 Augsburg 0
Hamburger SV 0 Stuttgart 1

ITALY

SERIE A
Sunday's results
Cagliari 1 Bologna 0
Atalanta 2 Siena 1
Chievo 1 Fiorentina 1
Inter Milan 2 Catania 0
Palermo 0 Torino 0
Parma 2 Sampdoria 1
Udinese 1 Pescara 0
Genoa 2 Roma 4

SPAIN

PRIMERA
Sunday's results
Getafe 0 Levante 1
Espanyol 3 Rayo Vallecano 2
Granada 1 Real Zaragoza 2
Osasuna 0 Real Betis 0
Real Sociedad 0 Atletico Madrid 1

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	16	10	6	0	440	445	20
Toronto	16	7	9	0	371	425	14
Winnipeg	16	5	11	0	339	492	10
Hamilton	16	5	11	0	470	515	10

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	16	12	4	0	441	307	24
x-Calgary	16	10	6	0	464	382	20
x-Saskatchewan	16	8	8	0	425	361	16
Edmonton	16	7	9	0	370	393	14

x — Clinched playoff berth.
y — Clinched division.
Saturday's results
Calgary 34 Hamilton 32
Montreal 34 Saskatchewan 28
Friday's results
B.C. 39 Edmonton 19
Winnipeg 44 Toronto 32

WEEK 18

Friday's game — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday's games
Winnipeg at Hamilton, 1 p.m.
Toronto at Saskatchewan, 4 p.m.
Sunday, Oct. 28
Edmonton at Montreal, 1 p.m.

TENNIS

ATP-WTA KREMLIN CUP

At Moscow
MEN
Singles — Championship
Andreas Seppi (2), Italy, def. Thomaz Bellucci (4), Brazil, 3-6, 7-6 (3), 6-3.
Doubles — Championship
Frantisek Cermak, Czech Rep., and Michal Mertinak (1), Slovakia, def. Simone Bolelli and Daniele Bracciali, Italy, 7-5, 6-3.
WOMEN
Singles — Championship
Caroline Wozniacki (3), Denmark, def. Sam Stosur (1), Australia, 6-2, 4-6, 7-5.

ATP-ERSTE BANK OPEN

At Vienna, Austria
Singles — Championship
Juan Martin del Potro (1), Argentina, def. Grega Zemlja, Slovenia, 7-5, 6-3.
Doubles — Championship
Andre Begemann and Martin Emmrich, Germany, def. Julian Knowle, Austria, and Filip Polasek (2), Slovakia, 6-4, 3-6, 10-4.

WTA-BGL BNP PARIBAS LUXEMBOURG OPEN

At Luxembourg
Singles — Championship
Venus Williams, U.S., def. Monica Niculescu, Romania, 6-2, 6-3.
Doubles — Championship
Andrea Hlavackova and Lucie Hradecka (1), Czech Rep., def. Irina-Camelia Begu and Monica Niculescu (2), Romania, 6-3, 6-4.

ATP-STOCKHOLM OPEN

At Stockholm, Sweden
Singles — Championship
Tomas Berdych (2), Czech Rep., def. Jo-Wilfried Tsonga (1), France, 4-6, 6-4, 6-4.
Doubles — Championship
Marcelo Melo and Bruno Soares (3), Brazil, def. Robert Lindstedt, Sweden, and Nenad Zimonjic (1), Serbia, 6-7 (4), 7-5, 10-6.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	3	0	.571	217	163
Miami	3	3	0	.500	120	117
N.Y. Jets	3	4	0	.429	159	170
Buffalo	3	4	0	.429	171	227

SOUTH

	W	L	T	Pct	PF	PA
Houston	6	1	0	.857	216	128
Indianapolis	3	3	0	.500	117	158
Tennessee	3	4	0	.429	149	238
Jacksonville	1	5	0	.167	88	164

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	2	0	.714	174	161
Cincinnati	3	3	0	.500	149	163
Pittsburgh	2	3	0	.400	116	115
Cleveland	1	6	0	.143	147	180

WEST

	W	L	T	Pct	PF	PA
Denver	3	3	0	.500	170	138
San Diego	3	3	0	.500	148	137
Oakland	2	4	0	.333	113	171
Kansas City	1	5	0	.167	104	183

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	205	137
Philadelphia	3	3	0	.500	103	125
Dallas	3	3	0	.500	113	133
Washington	3	4	0	.429	201	200

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	6	0	0	1.000	171	113
New Orleans	2	4	0	.333	176	182
Tampa Bay	2	4	0	.333	148	136
Carolina	1	5	0	.167	106	144

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	149	71
Minnesota	5	2	0	.714	167	131
Green Bay	4	3	0	.571	184	155
Detroit	2	3	0	.400	126	137

WEST

	W	L	T	Pct	PF	PA
San Francisco	5	2	0	.714	165	100
Arizona	4	3	0	.571	124	118
Seattle	4	3	0	.571	116	106
St. Louis	3	4	0	.429	130	141

WEEK SEVEN

Sunday's results
Minnesota 21 Arizona 14
Green Bay 30 St. Louis 20
Houston 43 Baltimore 13
N.Y. Giants 27 Washington 23
Dallas 19 Carolina 14
New Orleans 35 Tampa Bay 28
Indianapolis 17 Cleveland 13
Tennessee 35 Buffalo 34
Oakland 26 Jacksonville 23 (OT)
New England 29 N.Y. Jets 26 (OT)
Pittsburgh at Cincinnati
Thursday's result
San Francisco 13 Seattle 6
Monday's game — All Times Eastern
Detroit at Chicago, 8:30 p.m.

WEEK EIGHT

Thursday's game
Tampa Bay at Minnesota, 8:20 p.m.
Sunday, Oct. 28
Jacksonville at Green Bay, 1 p.m.
Indianapolis at Tennessee, 1 p.m.
Carolina at Chicago, 1 p.m.
Miami at N.Y. Jets, 1 p.m.
San Diego at Cleveland, 1 p.m.
Atlanta at Philadelphia, 1 p.m.
Seattle at Detroit, 1 p.m.
Washington at Pittsburgh, 1 p.m.
New England vs. St. Louis at London, 1 p.m.
Oakland at Kansas City, 4:05 p.m.
N.Y. Giants at Dallas, 4:25 p.m.
New Orleans at Denver, 8:20 p.m.
Monday, Oct. 29
San Francisco at Arizona, 8:30 p.m.

GOLF

MCGLADREY CLASSIC

At St. Simons Island, Ga.
Par 70
Final Round

Tommy Gainey, $720,000	69-67-68-60—264
David Toms, $432,000	65-67-70-63—265
Jim Furyk, $272,000	66-65-66-69—266
Brendon de Jonge, $165,333	66-69-68-65—268
Davis Love III, $165,333	65-66-66-71—268
D.J. Trahan, $165,333	66-67-66-69—268
Chad Campbell, $124,667	66-67-69-67—269
Greg Owen, $124,667	64-69-71-65—269
Charles Howell III, $124,667	66-68-67-68—269
Arjun Atwal, $92,000	67-63-69-71—270
Charlie Beljan, $92,000	66-71-68-65—270
David Mathis, $92,000	69-69-65-67—270
Michael Thompson, $92,000	65-68-69-68—270
Mark Wilson, $92,000	68-69-66-67—270
Blake Adams, $64,000	68-68-69-66—271
Daniel Chopra, $64,000	68-69-66-68—271
Harris English, $64,000	71-66-66-68—271
Kyle Reifers, $64,000	67-68-67-69—271
Scott Stallings, $64,000	68-70-67-66—271
Scott Brown, $41,714	67-70-70-65—272
Sean O'Hair, $41,714	73-66-67-66—272
Brendan Steele, $41,714	67-71-66-68—272
Camilo Villegas, $41,714	65-71-68-68—272
Bud Cauley, $41,714	62-70-68-72—272
Ken Duke, $41,714	67-68-68-69—272
Bill Lunde, $41,714	68-68-68-68—272
Stuart Appleby, $22,550	69-68-67-69—273
Roberto Castro, $22,550	69-66-68-70—273
Will Claxton, $22,550	70-66-65-72—273
Ben Crane, $22,550	68-71-62-72—273
Ben Curtis, $22,550	68-69-66-70—273
James Driscoll, $22,550	67-69-71-66—273
Joe Durant, $22,550	65-71-67-70—273
Mathew Goggin, $22,550	67-66-68-72—273
Brian Harman, $22,550	67-72-65-69—273
Russell Knox, $22,550	71-68-67-67—273
Jason Kokrak, $22,550	68-70-66-69—273
Danny Lee, $22,550	65-70-69-69—273
Rory Sabbatini, $22,550	69-65-67-72—273
Vijay Singh, $22,550	66-68-68-71—273
Also:	
David Hearn, $9,413	**66-71-71-68—276**

TRANSACTIONS

CFL

EDMONTON ESKIMOS—Signed RB Cory Boyd.

MLB

BOSTON RED SOX—Acquired manager John Farrell and RHP David Carpenter from Toronto for SS Mike Aviles. Agreed to terms with Farrell on a three-year contract through 2015.

NBA

MIAMI HEAT—Waived C Mickell Gladness and F Robert Dozier.

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Horoscopes

♈ Aries
March 21 - April 20
The odds may have been against you of late, but you refused to give up and you will soon reap the rewards. Today, you should make it a priority to patch things up with people with whom you've fallen out.

♉ Taurus
April 21 - May 21
The Sun's change of sign tomorrow will give you the chance to help other people, but you have got to be realistic and accept that you cannot help everyone. Do what you can when and where the opportunity arises.

♊ Gemini
May 22 - June 21
Start winding things down a little. You have been moving at top speed for quite a while so now you need to balance things out and give both your body and your mind time to recover. They need it.

♋ Cancer
June 22 - July 23
You need to resolve a family issue that has been causing you sleepless nights, and you need to resolve it now. As of tomorrow, you won't find it so easy to talk to loved ones — nor will you have the time.

♌ Leo
July 24 - Aug. 23
No doubt you have a lot to say for yourself — as always — and no doubt it is well worth listening to. But don't hog the conversation today. Let others have their say. You may be surprised how much you learn.

♍ Virgo
Aug. 24 - Sept. 23
You still have time to sort out a problem that has been bugging you but you have got to be quick. If you leave it much longer it will cause you more than just anguish. It will also cost you some serious money.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if time is running out, but there is no point rushing to catch up because you will only make mistakes. What's done is done and cannot be undone. It is time to move on.

♏ Scorpio
Oct. 24 - Nov. 22
One of the most difficult phases of the year is coming to an end and by this time tomorrow, it will feel as if a great weight has been lifted from your shoulders. Maybe it has or maybe it was never really there.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual, you have been taking risks and cutting corners, and you have largely gotten away with it. However, the Sun's change of signs tomorrow means you need to tread carefully from now on.

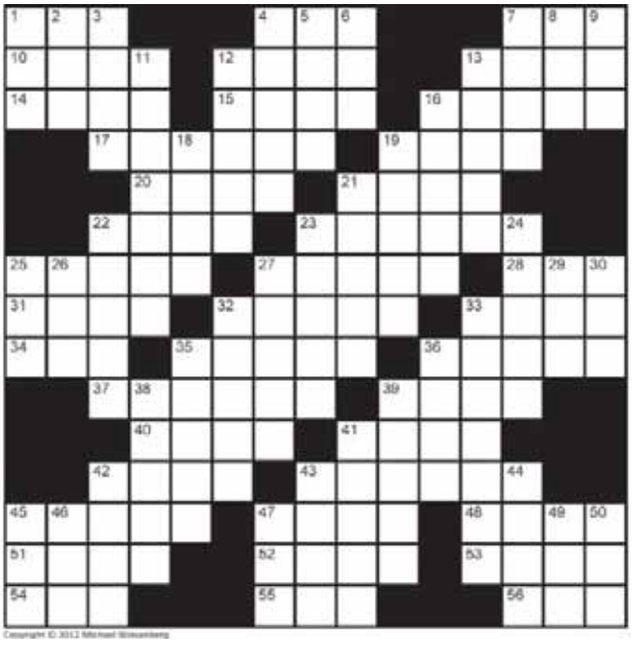
♑ Capricorn
Dec. 22 - Jan. 20
What seemed like a setback last week will now reveal itself to be a blessing in disguise, so don't feel too upset if you were denied something you desired. And stop worrying what the future will bring. It's all good.

♒ Aquarius
Jan. 21 - Feb. 19
If you define your goals clearly over the next 24 hours, you will be given the chance to realize them before the year comes to an end. Ignore what other people expect of you. Do only what feels right to you.

♓ Pisces
Feb. 20 - March 20
You are coming to the end of a difficult phase, but you have to admit that the lessons it taught you were valuable, maybe priceless. Here's another one: Don't overreact and do anything stupid. SALLY BROMPTON

From a Bank to a Failure

BY MICHAEL WIESENBERG



Across
1. BMO competitor
4. Animal enclosure
7. Alta. neighbour
10. Of the mouth
12. Charity event
13. "Arrivederci!"
14. Completely naked
15. Mounties, in short
16. Accompaniment for fajitas
17. Conservative Party
19. Conflagration
20. Pecans and pistachios
21. Plant used to make poi
22. Impertinent talk
23. Canadian or Laurentian ___: geological area that covers over half of Canada
25. 39.37 inches
27. Hiker's trail marker made of stones
28. ___ de Cologne
31. Like some fine wines or cheeses
32. Chess pieces
33. Black or yellow dogs, for short
34. Canadian name for what is called soda in the US
35. Ontario and Great Slave
36. Vice ___: in opposite order from that stated
37. Divvied up
39. Low voice
40. Aardvark delicacies
41. Can of worms, perhaps
42. Black and wet
43. 1,000 kilogram units
45. Black-and-white "bear"
47. Vassal
48. Peruse
51. Quaker ___ cereal
52. "___ I care" (I don't care) (2 wds.)
53. Belle's boyfriend
54. Pete Townshend and Roger Daltrey's group, with "The"
55. Yukon's Logan and BC's Robson: abbr.
56. Satirical magazine that's been around since the 1950s

Down
1. Steal
2. Woman's undergarment
3. Grocery store vehicle
4. Footsteps
5. Shade trees
6. 40 winks
7. World's longest river
8. Existed
9. "One ___ customer" (2 wds.)
11. Montréal singer-poet Cohen best known for "Suzanne"
12. 32-Down, familiarly
13. Christmas song
16. Ambulance alert
18. Deceptive manoeuvre
19. County exhibitions
21. Loses weight, with "down"
22. Paces
23. Cut, as lumber
24. Honeys
25. You might go to the CAA for one
26. Bigheadedness
27. Baked desserts
29. Belly muscles, for short
30. Can. neighbour
32. Liberal ___
33. 14th PM Pearson (1963-68) (2 wds.)
35. Sri ___, formerly Ceylon
36. Like Narcissus
38. Poker players hold these
39. Many visitors to Calgary come because of its proximity to this
41. Early Frankenstein's Monster player Karloff
42. Fascinated by
43. Exam
44. Appear
45. "Right in the kisser!" preceder
46. What a dentist wants you to say
47. *I Am* ___: 2001 Sean Penn movie
49. Small battery
50. Failure

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2	4	3			
	2			5			6	
	1	3				4	7	
		7				3		
4		1		2		8		7
		9				1		
	4	8				6	9	
	3			9			1	
			5	8	6			

Friday's Sudoku

4	8	7	6	3	5	1	9	2
2	1	3	9	8	4	6	5	7
9	5	6	2	7	1	8	4	3
8	3	1	4	9	7	2	6	5
7	6	2	5	1	3	9	8	4
5	9	4	8	2	6	3	7	1
3	4	5	1	6	8	7	2	9
1	2	8	7	4	9	5	3	6
6	7	9	3	5	2	4	1	8

Today 13°/4° Partly cloudy
Tuesday 11°/5° Variable
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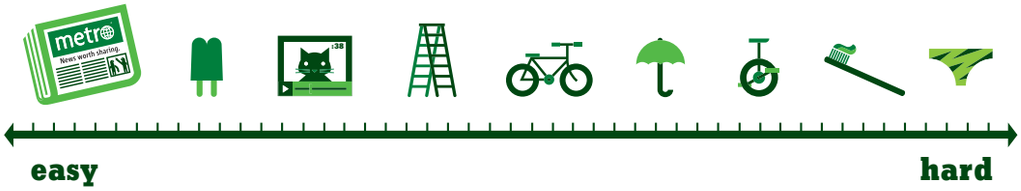
Sharability



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08 BMW 328i
- Loaded, A/C, Lthr, Roof, Auto
- st: 33765
- km: 92648

$19,650
$143*** Bi-weekly

09 Acura MDX AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 34279
- km: 40489

$30,860
$278** Bi-weekly

09 Lexus RX350
- AWD, Loaded, NAV, Lthr, Roof
- st: 32760
- km: 61296

$32,850
$296** Bi-weekly

08 Lincoln MKZ
- AWD loaded, roof,lthr.
- st: 33632
- km: 98400

$15,950
$175* Bi-weekly

08 Benz B200
- Loaded, A/C, Auto
- st: 34280
- km: 71303

$16,950
$186* Bi-weekly

08 Benz C230 4Matic
- AWD, Loaded, Lthr, Roof, Auto
- st: 34149
- km: 40268

$25,980
$272* Bi-weekly

08 Volvo XC90
- AWD, Loaded, Roof, Lthr
- st: 33566
- km: 44617

$26,950
$283* Bi-weekly

08 Benz ML350 4Matic
- NAV, Loaded, Lthr, Roof, A/C
- st: 33735
- km: 63039

$29,995
$356* Bi-weekly

11 BMW 323
- AWD, Loaded, Roof, Lthr, Auto
- st: 34362
- km: 53004

$26,950
$215*** Bi-weekly

08 BMW X3
- AWD, Loaded, Roof, Lthr, Auto
- st: 33285
- km: 51156

$29,650
$311* Bi-weekly

07 Cadillac CTS
- Loaded, A/C, Lthr, Auto
- st: 33383
- km: 64065

$16,930
$186* Bi-weekly

09 Benz E300 4Matic
- NAV, Loaded, Lthr, Roof, A/C
- st: 33686
- km: 46356

$31,840
$305** Bi-weekly

GREAT DEALS ON FUEL SAVERS!

07 Pontiac G5 SE
- Loaded, A/C
- st: 33310
- km: 60796

$6,950
$76* Bi-weekly

12 Toyota Yaris LE
- Loaded, A/C, Auto
- st: 34360
- km: 23531

$14,830
$126*** Bi-weekly

08 Suzuki SX4
- Loaded, A/C, Auto
- st: 34366
- km: 71266

$9,950
$109* Bi-weekly

07 Wave
- Std
- st: 34093
- km: 79214

$5,960
$65* Bi-weekly

07 Spectra EX
- Loaded, A/C, Auto
- st: 33607
- km: 52831

$7,760
$85* Bi-weekly

09 Aveo5 LS
- A/C, Std
- st: 33559
- km: 60195

$7,950
$76** Bi-weekly

11 Ford Fiesta SE
- Loaded, A/C, Auto
- st: 33517
- km: 50713

$13,980
$119*** Bi-weekly

08 Cobalt LS
- Std
- st: 34124
- km: 72981

$6,570
$72* Bi-weekly

07 Suzuki Swift
- Loaded, A/C
- st: 33291
- km: 48697

$6,940
$81* Bi-weekly

08 Accent GLS
- Loaded, A/C
- st: 12245-A
- km: 109989

$5,980
$70* Bi-weekly

09 Kia Rio LX
- Std
- st: 34055
- km: 88234

$7,970
$76** Bi-weekly

09 Nissan Versa
- Loaded, A/C, Auto
- st: 12292
- km: 57916

$10,740
$102* Bi-weekly

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11 FORD E350 XLT SUPER DUTY
LOADED, A/C • 14223km
st:34214 • **$25,860** • bw:$206***

12 GR.CARAVAN STOW N GO
LOADED, A/C • 39525 km
st:34323 • **$18,750** • bw:$160***

11 MAZDA3 SPORT
LOADED, A/C, AUTO • 46280km
st:33720 • **$14,940** • bw:$127***

10 TOYOTA MATRIX
LOADED, A/C, AUTO • 55791km
st:33938 • **$14,750** • bw:$126***

10 FORESTER AWD
LOADED, A/C, AUTO • 62998km
st:33139 • **$21,980** • bw:$175**

08 SONATA GLS
LOADED, A/C, AUTO • 93429km
st:34006 • **$9,960** • bw:$109*

11 IMPALA LT
LOADED, A/C, AUTO • 40015km
st:33549 • **$14,960** • bw:$127***

08 MAXIMA 3.5SE
LOADED, A/C, AUTO • 89027km
st:34120 • **$14,870** • bw:$163*

11 SIENNA LE
LOADED, A/C • 50429km
st:34134 • **$24,950** • bw:$199***

09 TOYOTA RAV4 4WD
LOADED, A/C, AUTO • 68678km
st:34385 • **$17,850** • bw:$170**

10 CHRYSLER 300
LOADED, A/C • 37776km
st:32861 • **$15,800** • bw:$134***

08 RABBIT
LOADED, A/C • 92582km
st:34270 • **$10,950** • bw:$120*

12 FUSION SEL
LOADED, A/C,ROOF, AUTO • 55454km
st:34328 • **$16,750** • bw:$143***

09 COROLLA CE
LOADED, A/C, AUTO • 95692km
st:34375 • **$9,950** • bw:$95**

11 CALIBER SXT
LOADED, A/C, AUTO • 25968km
st:34003 • **$13,950** • bw:$119***

08 SAAB 9-3 2.0T
LOADED, A/C, LTHR, ROOF • 90901km
st:33488 • **$12,980** • bw:$154*

07 TUCSON GLS
LOADED, A/C • 91780km
st:34027 • **$8,970** • bw:$99*

08 FORD EDGE SEL AWD
LOADED, A/C, AUTO • 79226km
st:34136 • **$16,880** • bw:$186*

08 ACCORD EX
LOADED, A/C, ROOF, AUTO • 98887km
st:32255 • **$13,870** • bw:$152*

11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$144***

07 VOLVO S60
LOADED, A/C, ROOF, LTHR • 87224km
st:32589 • **$15,870** • bw:$174*

08 HONDA CR-V 4WD
LOADED, A/C, AUTO • 87593km
st:33494 • **$16,460** • bw:$181*

09 ESCAPE XLT 4WD
LOADED, A/C, AUTO • 96465km
st:32908-A • **$14,860** • bw:$142**

08 EXPLORER SPORTTRAC 4WD
LOADED, A/C, AUTO • 49960km
st:34351 • **$20,840** • bw:$218***

12 ELANTRA
LOADED, A/C • 13753km
st:34096 • **$15,850** • bw:$135**

09 SANTA FE
LOADED, A/C, AUTO • 49282km
st:33258-A • **$16,970** • bw:$162**

08 ROGUE S
LOADED, A/C, AUTO • 99206km
st:33988 • **$12,840** • bw:$141*

08 RONDO LX
LOADED, A/C, AUTO • 55276km
st:34145 • **$9,380** • bw:$103*

09 SEBRING TOURING
LOADED, A/C, ROOF, LTHR • 58286km
st:33510 • **$11,970** • bw:$114**

07 MAZDA CX-7 AWD
LOADED, A/C • 97217km
st:34169 • **$12,860** • bw:$141*

10 SENTRA
LOADED, A/C • 65850km
st:34299 • **$9,950** • bw:$85***

08 MAZDA 5
LOADED, A/C, LTHR, ROOF • 101468km
st:34067 • **$10,980** • bw:$121*

12 ALTIMA XTRONIC CVT
LOADED, A/C, AUTO • 56024 km
st:34331 • **$15,740** • bw:$134*

11 LANCER ES
LOADED, A/C, ROOF, AUTO• 47327km
st:32846-A • **$14,860** • bw:$126***

08 SIERRA 1500 4WD
LOADED, A/C, AUTO • 52992km
st:33210 • **$23,980** • bw:$251**

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